

University of Alaska Southeast

WHALE SONG

March 23, 2016

The Official Student Newspaper of UAS

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ON THE COVER...

These crocuses, classically the 'first flowers of spring,' are pushing themselves up next to the Raven Statue, Loki. Whalesong photographer Darin Donohue captured them on film last Thursday. Deshi Basara, spring!

(Photograph by Darin Donohue)

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— UAS Answers — *The Whalesong's got one ...*

*What's your ideal way to spend
spring break?*



"In Bora Bora, on a beach, in as few clothes as possible."

-Alexa Cherry



"Let's go to a beach in Italy, with fine food, cheeses, wine, and good company!"

-Darin Donohue



"Hosteling in a city I've never been to before and exploring!"

-Holly Fisher



"I'd fall into a small coma and sleep for a week."

-Kaylyn Haslund



"Sitting on a beach, or about 60ft underwater."

-Anneliese Moll



"If you could give me a week without work, I'd be happy with anything."

-Daniel Piscoya

BY DANIEL PISCOYA

for the UAS Whalesong

In the early years of the 20th century, as we have studied in my HIST 420: The Holocaust class, the social and political climate in Europe and America was characterized by antisemitism, and, if not antisemitism, at least an indifference and apathy towards antisemitic behaviors in others.

In time, the rise of the National Socialist party in Germany would coalesce this antisemitism by means of nationalist and imperialist rhetoric, and use it to fuel eugenics and the mass murder of millions. By the 'National Socialist party,' I mean, of course, the Nazis. By 'nationalist and imperialist rhetoric,' I mean the rhetoric of a 'Third Reich,' which was to encompass the whole world. By 'mass murder,' I mean what is today a loaded word: genocide.

On February 4 of this year, the US State Department requested aid in confirming that a similar situation was occurring in Iraq and Libya at the hands of the Islamic State. In short, the US State Department requested aid in confirming the genocide of Christians and other religious minorities at the hands of ISIS. On March 9, in collaboration with a group called Stop Christian Genocide, The Knights of Columbus responded to the State Department's request with a 300 page document affirming that what is happening in the middle east at the hands of ISIS can, and should, be classified as genocide. This document can be found on www.kofc.com.

That 'genocide' is a loaded word is attested to simply by the fact that the State Department has not met its March 17 deadline to reach a conclusion on these findings.

However, as a student of history, while I recognise that the main reason 'genocide' is a loaded word is because it has the potential to equate current events with the Holocaust, I do not think, in this instance, that it would be inappropriate. ISIS' main propaganda mechanism, Dabiq, contains startlingly similar rhetoric concerning Christians and other religious minorities to what the Nazi party's stance on Jews was back in 1935. Bilal Bosnic, an imam, and recruiter for ISIS, was also quoted saying that "the whole world will be an Islamic state." To cap it all, there are countless well documented cases in which this rhetoric was brought into violent practice with the rape and murder of middle eastern Christians, Shia Muslims, and other minorities.

As a student newspaper, I thought it was important to write about this, if not simply because it is an important current topic, and merits action by our Government, then because, as students of an institution of higher learning, we should be the first ones to resist the sentiments and biases that lead to these conflicts. We can and should break the terrible pattern of genocide which plays itself out across history. And we can start by talking about it.

Feel free to contact Daniel Piscoya at dlpiscoya@uas.alaska.edu or at the Whalesong e-mail at whalesong@uas.alaska.edu.

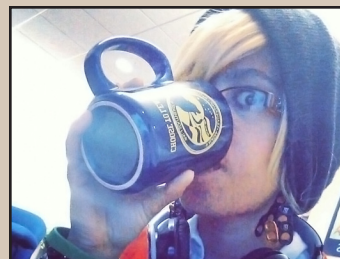
Letter from — the Editor —

WANT TO WRITE TO THE WHALESONG?

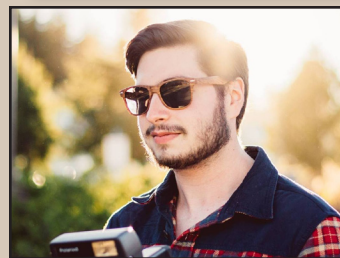
Send your articles, comments,
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and you could be published in an
issue of the school's newspaper!

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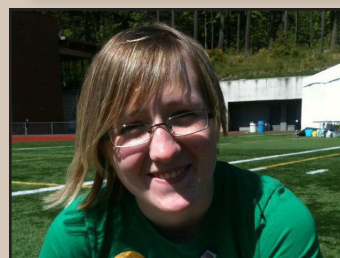
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— UAS In Brief —

Explore Southeast: Pick Me, Choose Me, Love Me.

Who doesn't love an old school Grey's Anatomy reference? In our efforts to help prospective students pick, choose, and love UAS, we're hosting our first annual EXPLORE SOUTHEAST event on April 1st and 2nd, 2016. This event will bring high school seniors from across the country to UAS to experience life in our little corner of the world. The students will stay overnight in the residence halls, dine in the Lakeside Grill, go to a comedy show at the Rec, attend faculty lectures, and get an overall feel for UAS life. There will be approximately 30 out-of-area students in attendance, in addition to students from Juneau high schools. We've invited students from places near and far, including Washington, Illinois, California, Kodiak, Anchorage, Arizona, Haines, Bethel, Unalakleet, and Kasigluk. This will be the first time that most of them have visited campus, and perhaps even the first time they've been to Alaska.

When you see these prospective students on campus, feel free to introduce yourself, welcome them to Juneau, and share your insights about UAS. Staff and faculty experiences only go so far; hearing about UAS directly from you will make a huge impact on these visiting students.

If you'd like to be directly involved with Explore Southeast, please email the recruiting team at recruiting@uas.alaska.edu. We're looking for current students to help out as tour guides, housing hosts, club representatives, and overall friendly faces. If we play our cards right, many of these students will be UAS students next fall. So here's to making UAS the Dr. McDreamy of universities!



— Chai-Yi-Yi —

BY ALEXA CHERRY

For the UAS Whalesong

The first time I tried a chai latte, I was skeptical. I don't much care for the flavor of tea by itself, and I was confused by the concept – was it just tea and milk? Was it a chai-flavored latte? Still, it was cold outside, and I'd gone into the Rookery for a hot drink. While I didn't want coffee, I didn't want plain tea either, and a chai latte seemed like it would be a good compromise. And it was! Unfortunately, it also cost me six dollars, which is a lot for one drink. Consequently, I resigned myself to the thought that chai lattes would be an infrequent indulgence, and moved on.

So imagine my surprise when one day over summer break, I accidentally made my own chai latte at home! Doors had opened for me. My wallet felt slightly bigger. And I return to you now to share this knowledge, so that you can also save money by making your own chai lattes. Let's begin.

YOU WILL NEED:

- **Hot water**
- **Chai tea** – either a bag or a Keurig cup
- **Milk** – regular, two percent, soy, etc., whatever works for you
- **Sugar**
- **Cinnamon** – this is optional, but helps if you want a spiced chai latte

Once you've obtained all your ingredients, it's time to move on to actually making the drink. I know that seems really obvious, but look, I needed a good transition between the list of ingredients and the list of directions, so just roll with me on this.



This photo of a Chai latte in a glass mug is courtesy of Ahmad Faiz Mustafa. Retrieved from the Wikimedia Commons.

THE PROCESS

- **Make (strong) tea.** You can either steep chai tea bags in hot water, or you can make it in your Keurig. I prefer the Keurig approach, personally; either way, here are your guidelines. Steep the bags for longer than you normally might – I think it's 5+ minutes for strong tea. If you're using a Keurig, just slap the cup in the machine and then choose the smallest cup setting.
- **Slosh in some milk.** I am the first person to complain about ambiguous directions like “splash” and “slosh” and “a pinch of [redacted]” in recipes, but this measurement is genuinely up to you. I used to make the tea and then fill the cup the rest of the way up with milk, but I hated the taste for some reason, so now I just add a little milk and it's way better. If you want it to actually be a chai latte, I suggest just a splash of milk. Otherwise, you drown out the taste of the tea and defeat the purpose altogether.
- **Add sugar.** A lot if you want it to taste like what you can get at Spike's Café or Starbucks; a little if even the thought of pouring sugar into your beverage makes your teeth hurt. Again, it's subjective. I'm sorry for being so vague, I promise I can change.
- Once that's all stirred up, **sprinkle cinnamon on top!** One shake from a container should do it. Chai tea is already pretty spicy, but I found that I didn't get the kick of flavor I was used to in the ones I ordered from the downtown Heritage until I added the cinnamon. That's the secret ingredient, folks. If I go missing, the coffee shop owners took me out for sharing knowledge not meant to be known by common man.

And that's it! That's all you need to know in order to make and enjoy your very own spiced chai lattes in the privacy of your own home. You can make small ones to drink in the toasty comfort of your room during rainy days, or you can make big ones that you put in your travel mug and snicker over in class because everyone around you can smell that you have a spiced chai latte and they're jealous. Nice.

— Health Corner: — Wi-fi and Wellness

BY KRISTINA MOORE

For the UAS Whalesong

A couple of years back I completed a pilgrimage called the Camino de Santiago (a.k.a. The Way of St. James). I spent a month in Europe backpacking across northern Spain, sleeping in hostels at night, and contemplating the meaning of my life in the great space of the world.

On that journey I did have several life-changing moments of clarity, which helped me step onto my current path. But the most enriching part of that journey was the first week, when I realized that asking for the Wi-Fi password would garner me looks of puzzlement – there is no Wi-Fi in rural Spain.

I had many moments of panic that first week, how could I be safe if no one knew where I was? More realistically, how would I update my Facebook status so everyone could begrudgingly follow my adventures? When I did finally reach the realm of internet, each minute online came at a hefty price (thanks AT&T). My journey literally forced me to reevaluate my true need for connectivity.

After that first week (and \$100 of international usage fees), the rest of my pilgrimage was just what it should have been – day in and day out of self-reflection and learning how to be present in the moment, walking across vast plains where feet had walked for hundreds of years, each set of feet contemplating their own meaning in their current version of the world. The trails had already been blazed for me, the hostels already accustomed to serving foreigners, and the villagers had already learned basic English – my Way had already been prepared.



These images of the Camino de Santiago (The Way of St. James) are courtesy of photographer Daniel Sancho, and were retrieved from the Flickr Commons (Converted to black and white).

I'm sharing this because two years ago the only way I was able to become disconnected and to actively engage in self-reflection was to travel thousands of miles to a remote corner of the world where Wi-Fi didn't exist or it was prohibitively expensive for my student budget. I wish I could say that when I arrived back home I remained in a peaceful, self-reflective state; however, it wasn't long before my addiction to technology returned.

To get a little technical, an "addiction" is a condition that results when someone engages in an activity that gives them instant pleasure, but soon becomes compulsive and interferes with ordinary life responsibilities (work, relationships, and health). I realize that when you hear the word addiction thrown around you think of alcohol, drugs,

gambling ... but when reaching for your phone at a stop light or in a waiting room, while walking to class, while in bed and you should be sleeping, while out at a restaurant or at home with others, in uncomfortable social situations, in slow moments at work, on breaks, and so on ... what else could that be but an interference?

In retrospect, my years with constant connectivity were years that I had the lowest self-esteem and the lowliest opinion of myself. Research has shown that social media breeds comparison, and the problem with that is everyone puts forth their very best version of themselves on social media.

To make a change, I decided to take 30 days away from Facebook; I downgraded to a flip-phone, turned the notifications off on my iPad,

and tried to embrace the times of disconnection, to let those awkward social situations sweep over me, to be present wherever I was.

As it turns out, it didn't take long to feel the effects of being present. I would wake up feeling hopeful for the day ahead, I spent many more hours outside feeling the wind, rain, and sun on my face, and the conversations (oh the conversations!) that I had with others ... I began to feel at peace and every day I had time for self-reflection.

But what's more, I began to notice how technologically engrossed everyone around me was. When I went out to eat, I began to notice that half of the restaurant was on a smartphone, often with their partners staring off into space waiting for their company to be valued. In fact,

everywhere I went it was the same dilemma, as if smartphones had become crutches, objects with which we cannot move without.

Well, I am here because I've paved the "Way" for you, to allow you to find your own path of peace and self-reflection. While we do live in a digital world where we are expected to remain digitally connected in education and employment, we are responsible for our own states of health and wellness. If you would be happier, healthier and more present for yourself and others with less connection to technology maybe it's time to embark on your Way.

Withdrawal from addiction to technology is a slow, on-going process. Every day we will have to make conscientious decisions to power off our devices and build up our relationships, to make eye contact with our fellow humans and work out our rusty social skills, to eat dinner at the dining table instead of in front of the television, to hug our loved ones instead of messaging them through cyberspace. Some articles suggest setting a timer when you begin work on the computer, and then going for a walk outside, reading a paperback book, watching a play, and so on. I just say ... put down the device and be present. Be well this spring!



— Deadpool: Four or Five Moments —

BY ALEXA CHERRY

For the UAS Whalesong

DISCLAIMER:

The following article contains spoilers for the recent Marvel film *Deadpool*.

Read at your own risk!

Deadpool was a Fun Movie. Personally, I don't think there are enough of those these days; movies try so hard to be Gritty, to make us Care About the Conflict, to make us Feel Our Mortality and to be Emotionally Gripping. *Deadpool* takes this trend, throws it out the window, and then also shoots it and sets it on fire, because: why not? This is not to say that *Deadpool* isn't any of the things I just mentioned. After all, Wade Wilson (who becomes the titular character) is dying of cancer. This does not a fun time make. And the film does not make light of that; usually a flippant jackass, Wade has some serious scenes where he and his fiancée

deal with the fact that he does not have much longer to live. It's also worth pointing out that this very issue is what drives him to do the things that turn him into Deadpool. And if you know Wade Wilson and Deadpool at all, you know that he is rude and crude and, from an objective standpoint, entirely unlikable.

But that's why the movie and his character work, and why the entire thing was simultaneously a comedic romp and weirdly inspiring. In one of the scenes aired in the trailers, the main villain leans over Wade and tells him that the first thing people lose in the testing facility where he's being kept is their sense of humor. Our protagonist

accepts this challenge, and wildly enough, he actually does maintain it – his same weird, wacky sense of inappropriate and slightly insane humor. This is great because another movie might have had him be scarred and deeply serious for a time before learning how to smile and be amused again; another route they could have taken was him being a "normal" person before the events that make him become Deadpool, with his messed-up jokes and way of looking at life being a result of him going insane at the hands of the villain's treatment. But the movie does not choose either of these routes, and I think that's important. It shows that even when terrible things happen to you, you can still maintain who you are through the bad stuff and come out the same person (maybe a little better, a little stronger, in a nice suit with some cool katanas) on the other side.

Unlike many other movies, *Deadpool* isn't about change and development in one character through the course of the film. *Deadpool* is about change and development in one character's environment, while that character staunchly refuses to change and develop with it. And, perhaps importantly, so do the rest of the characters. The main villain is touchy about his real name from the moment he shows up until the moment he – well, I won't ruin that for you. Negasonic Teenage Warhead is an apathetic teen when she first appears on screen, and maintains that apathy in the final boss battle to the point where she actually stops the fight so she can finish composing a Tweet. And, despite being surrounded by rude people with selfish intentions, Colossus does not stop being a good person who tries to reform them all. It's a strangely refreshing change from the usual arc of character development that we're shown in modern cinema – especially in superhero cinema.

My favorite part of the movie, however, was only tangentially about Deadpool. Major spoiler here – he is about to shoot the villain in the face. His finger is on the trigger, the

villain shows no remorse, and then Colossus asks Deadpool to wait and says this:

"Four or five moments. That's all it takes to become a hero. Everyone thinks it's a full-time job. Wake up a hero. Brush your teeth a hero. Go to work a hero. Not true. Over a lifetime, there are only four or five moments that really matter. Moments when you're offered a choice to make a sacrifice, conquer a flaw, save a friend – spare an enemy. In these moments, everything else falls away..."

This scene was obviously not the main point or even necessarily the best part of the movie, but I think it's an important one. Especially in this age of Marvel and DC, we're surrounded by characters who are always either naturally doing the right thing (Captain America), constantly struggling to do the right thing (Tony Stark?), or doing the right thing in a weird sort of rebellious "I'm doing it even though it's hard and I'm almost on the edge of vigilante justice but I haven't killed a cop yet so I'm not quite there" way (Batman). All of these characters are icons of pop culture and role models, and all of them imply that being a hero is a constant state of both conscious and subconscious existence. Even though Colossus's speech might not have been a very large part of *Deadpool*, I think it's significant because it underlines the point of the movie – and maybe even the point of *Deadpool*. You can be an ugly, slightly crazy, rude, chaotic neutral bounty hunter, and you can still be a hero as long as you make the right choices in the moments where it counts.

Anyway, I would give it a solid 7 out of 10! Good movie, solid plot, some fun jokes, Colossus and Negasonic Teenage Warhead were the best characters. It does contain a lot of swearing, so it will be fun for you if you like the F-bomb but I wouldn't recommend it if you don't. Now, go make the right choice in the moment and do your homework. It's what Deadpool would want you to do.*

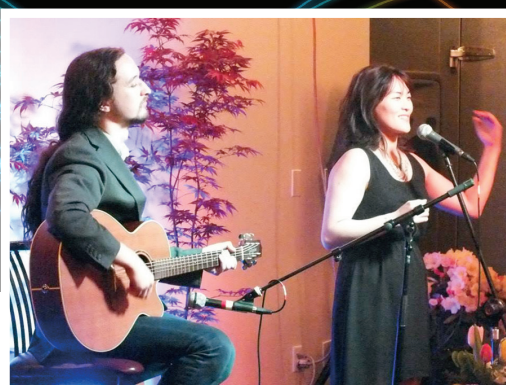
*No, it isn't. But hey, at least I tried.



Tim Miller, Ryan Reynolds, Morena Baccarin, T. J. Miller, Brianna Hildebrand, Ed Skrein and Gina Carano speaking at the 2015 San Diego Comic-Con International. Image courtesy of Gage Skidmore. Retrieved from the Wikimedia Commons (cropped).

sound+motion

UAS ARTS SERIES 2016

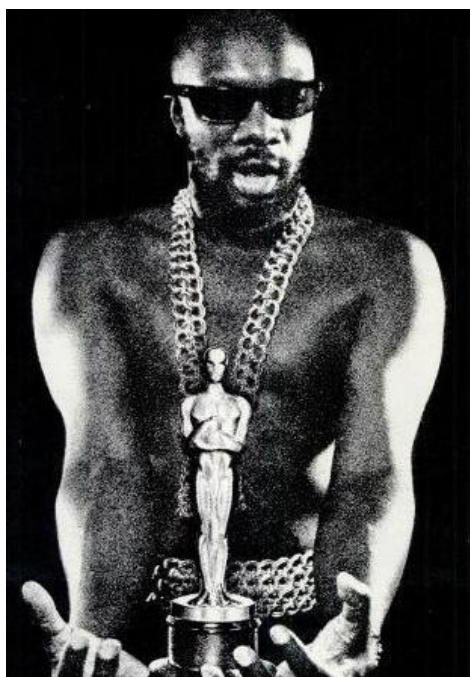


FRI, MAR 25, UAS EGAN LECTURE HALL, 7PM

Woosh Kinaadeiyí Poetry Slam

The 3rd annual UAS hosted slam will include the Woosh Kinaadeiyí Band. This friendly competition is open to poets and performers of all ages and all abilities. Sign up to compete at 6:30 pm. Slam starts at 7. Woosh Kinaadeiyí is a local nonprofit committed to diversity, inclusive community, and empowering voice. Theme: "Thawed".

Whitewashing in — Award Shows —



Isaac Hayes holds his Academy Award, which he won for his sound track work for the film, *Shaft*.

Image retrieved from the public domain.

BY KAYLYN HASLUND

For the UAS Whalesong

Awards shows are great. You get to see your favorite actors or artists win for their hard work. However, I would like to assert that we never really think about the other side of that. With award show season in mind, it's important to think about the system which gives awards in the first place.

It should be of no surprise that in the last few years' attention is being brought to the issue of whitewashing in award shows. While people are often using humor to bring it to the public eye, it's more important to address than the jokes may let on. When 94% of the academy are white, 2% are black and Latino, and 1% Native American, there's a really big issue not being acknowledged. The thing is though, it is being discussed. Predominantly, by the public.

If you're on Twitter, you may have seen the #oscarssowhite when the nominations were announced, many people outraged that many actors and actresses of color were being ignored by the selling point of white actors. We see the same six white male actors nominated every year, and not to say that they don't have talent or merit, but

we're ignoring actors who have done just as well, if not better. It's not that the white actors don't deserve it, it's the problem that there's no equal opportunity, which is sometimes just what they want: the opportunity to even be included.

The continuing outrage is helping bring real attention to the issue, especially in terms of the Saturn Awards recent nominations. The backlash started when the nominations were first revealed, showing Harrison Ford for Best Actor in the newest Star Wars and then John Boyega for Best Supporting Actor, when these in fact should have been switched. This is extremely problematic, seeing as John Boyega as Finn was the lead male in the film, and the committee ignoring that shows the inherent problem with our media. The Saturn Awards quickly changed their nominations after this, clearly understanding what they did wrong and apologizing. This simply goes to show that, with the right amount of vocal reaction, the public is beginning to change how the award shows work.

We laugh at Kanye West interrupting music awards, but in reality he may be showing a deeper problem with award show voters than he may be letting on. People of color artists can sell millions of more records and yet continue to lose to white artists. Beyoncé can have a number one selling record for months on end, but still lose to Beck. So, while we think it's rude and funny at the same time, we have to disassociate from that and recognize that there's a bigger issue here. That

there's a reason he's doing it and that it may be for something other than attention. We're ignoring the merit of artists; the exact complaint people use for whitewashing award shows.

There is the issue, though, of even more backlash against those fighting for the equal opportunity in the first place. The debate gets worse because some people, often not inherently against the equality, feel that these films are just getting the award because people complained enough. It doesn't feel genuine, they say. The fact remains that this may be one of the only ways to celebrate the community's talent. Such backlash ignores the merit of the media: that the complaints against award shows earned the media attention.

Award Shows are a major part of media today. However, this doesn't always mean that it's fair or equal. We have an institutionalized situation in the award committees where whitewashing has become a huge problem. People have begun voicing their complaints, making it clearer every day that they're no longer going to stand for it, especially when films that did just as well as a Blockbuster hit are being ignored. What we need is just an equal opportunity and to have the nomination there. The problem remains, is that white people are cutting people of color out of the running from things they're not even starring in.

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BY ANNELIESE MOLL*For the UAS Whalesong*

Dr. Pearson is an Assistant Professor of Marine Biology at UAS and also an Assistant Professor for the School of Fisheries and Ocean Science with UAF. She was born in Iowa and had her first encounter with the ocean at the age of 12 while on a family vacation. Dr. Pearson graduated from Duke University with majors in Anthropology an Anatomy and in Biology. After that she went on to Texas A&M University to obtain a Ph.D in Wildlife and Fisheries Science. Up next was some postdoctoral work with the Whale Center of New England, which was a non-profit organization focused on research, conservation, and education regarding whales as well as other marine mammals. Before coming to UAS in 2011, Dr. Pearson was also a lecturer at several universities, one of which being Stony Brook University.

One question I had for Dr. Pearson was about what brought her from the east coast to Juneau, Alaska. Her answer was the environment. Ju-

neau as a beautiful blend of complex ecosystems and is a great place for research. UAS is also a small school, which Dr. Pearson found to be a draw because of the opportunities it presented. It is also nice being able to know so many students, no one is just a number here. At UAS Dr. Pearson teaches a variety of courses ranging from biology, marine mammal behavior, tropical marine and coastal/ ecosystem ecology, human anatomy and physiology, and marine ornithology and herpetology.

Dr. Pearson does so much more than just teach here at UAS. She has several multi-year projects going on, all of which are incredibly interesting. Some of her current research that I'll touch on: dusky dolphin behavior and ecology, humpback whale behavior and potential impacts from whale watching vessels, sea otter recolonization and changes in kelp

density, and "Blue Carbon."

The dusky dolphin project started in 2013 and is about their behavior and ecology. Part of this project involved tagging ducky dolphins in New Zealand. Some of the video that they gathered from the tags may also be appearing in a National Geographic media clip!

Another project that is underway has to do with the evolution of intelligence and the brains of whales and dolphins as well as primates. This study looks into the many similarities in the social behavior and societal structure of whales/dolphins and primates.

Blue carbon is a relatively new concept. Projects that it is integrated into are heavily focused on ecosystem services provided by marine mammals. Dr. Pearson has two projects that fall into this category. The first has to do with whales "fertilizing" surface

waters due to their fecal plumes. The nutrients supplied by the whales can stimulate phytoplankton growth. The phytoplankton then absorb carbon dioxide from the atmosphere.

The second project that falls under this category revolves around kelp beds and sea otter recolonization. Kelp beds are constantly under attack by sea urchins and other grazers. In southeast Alaska sea otters are slowly recolonization the sound. Invertebrates, such as sea urchins are eaten by the sea otters. So, as the sea otters claim more territory, kelp beds should also grow more due to the lack of grazers. Kelp beds are an important habitat for many species ranging from fish and sea birds to other marine mammals, while also acting as a carbon dioxide sink.

Before we ended the interview, I asked Dr. Pearson if she had any advice for young scientists. Her response was



Dr. Heidi Pearson is an assistant Professor of Marine Biology with a Ph.D in Wildlife Fisheries Science. Photo taken from the UAS staff directory.

that it is important to take advantage of as many opportunities as possible. Take some time and check out the some that you might not necessarily interested in because you never know where they might go. The results can often be rewarding.



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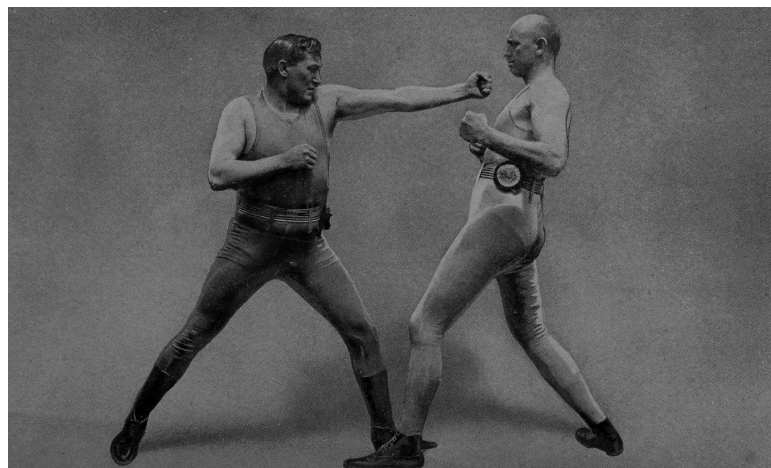
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While not Kung-Fu fighting, these photos of Chicago Athletic Club Instructor George Dawson (left) and 1897 Champion Fighter of the World Robert Fitzsimmons (right) from Fitzsimmons' book, *Physical Culture and Self-Defense* can be quite instructive. Images retrieved from the Internet Archive (public domain).

BY ALEXA CHERRY

For the UAS Whalesong

When people hear the words “self-defense,” they think about a lot of different things. This makes sense; there are a lot of different forms of self-defense. You can defend yourself by being a trained martial artist, by keeping a gun on your person, by carrying a fairly sizable knife, etc. While those are great precautions to take, it's also important to know the basics of how to defend yourself if you're ever attacked. While some of the following may come across as being common sense, it never hurts to repeat information that might save your life some day – so, without further ado, here are some self-defense tips that I learned as a Shotokan karate student that don't require you to be proficient at martial arts or with a weapon.

Be loud and be proud about it. If you feel uncomfortable or endangered, be shouty and noisy. Many – not all, but many – attackers target quiet victims who don't or won't speak up when they feel threatened. One of the first things we learned when practicing self-defense at my dojo was that if you ever feel unsafe, hold out a hand and yell “STOP.” This makes it clear that you are not afraid to say something if your potential assailant tries anything; it also draws attention to you, which means that there are witnesses. This is also a good tactic because it draws the line between making what you might feel qualifies as “a scene,” but avoids passive acceptance of their behavior,

which might make them think they can get away with doing a whole lot more.

If they're particularly persistent, don't be afraid to cry or throw a fit. If you're truly uncomfortable to the point of feeling unsafe, it is so much better to make a scene and potentially be accused of being hysterical and ridiculous than it is to just put up with it and never be seen again. My old first aid teacher, when discussing the topic of taking off women's bras during CPR, used to say something that I think is applicable to this same situation: “They can't be embarrassed tomorrow unless they're alive today.” You know yourself better than anyone else, and you know the difference between when you're overreacting and when you're genuinely upset and feeling endangered. Trust your instincts and act on them.

There are three steps to self-defense: distract, disable, depart. A lot of people think that self-defense only involves the first two, but it's crucial to remember that you are not safe until you're no longer around your assailant. Just because they are on the ground moaning in pain does NOT mean that they won't get back up and come after you. These steps are in relation to situations where someone is grabbing you and trying to take you somewhere or do something to you against your will. If you need to escape, you need to follow all three steps.

A **distraction** can be anything from

looking past them and yelling “help” to a flat-out scream to stomping on the bridge of their foot (particularly effective). This is something that is NOT going to make them let go of you, but it can shift their attention and/or cause them enough pain that they'll briefly lose focus and (ideally) their grip on you will loosen. A lot of people confuse a knee to the crotch as being part of the “disable” step; this is not necessarily the case. My karate sensei said that it only works on about half of guys, and even if it works, someone dedicated enough to lay hands on you and haul you off is probably not going to be that phased by it.

An alternative is that if they don't have a weapon and they're trying to pick you up and take you somewhere, use gravity against them and become a rock. It's remarkably difficult to pick up someone who does not want to be picked up and is refusing to cooperate; especially if this occurs in a public location, your assailant is more likely to give up and leave you alone instead of spend the time trying to pick you up or drag you to their vehicle. It's absolutely not a one hundred percent effective solution, but sitting down and not getting or allowing yourself to be gotten back up is a non-violent way to fight back that might save your life.

Once your assailant is distracted, you want to **disable** them. In a self-defense situation, there is no time to be nice. Your number one goal is to get away and to not be followed. You want to deliver fast, hard blows to weak locations until they're on the ground. Some good ideas for disabling an assailant (**warning** - don't read if you're squeamish):

- **Kick them in the knee.** If their leg is straight, a blow to the front of the knee can do some damage (this will not work if it's bent, because kneecaps exist); a better idea is to kick it from the side.

- **Take the heel of your hand and strike it sharply upward against**

— Self-Defense: — Kung-Fu Fighting Optional

the bottom of their chin. This will snap their neck backwards. That hurts people. The neck is not supposed to move that fast in that direction.

- **Punch them in the throat.**

The throat is soft and they use it for breathing. If they can't breathe, they can't chase you.

- Make one hand into a fist and place it into the palm of your other hand. Then, using your hips (not your torso – this is a very grounded move) to create momentum, **thrust your elbow as hard as you can into their ribs.** Your elbow is sharp and ribs are surprisingly weak to sharp, fast-moving objects.

- **Poke them in the eyes.** This is best if followed up by a previously mentioned move. Things hurt more when you can't see and don't expect them.

- **Punch them in the solar plexus.**

This is between the belly button and the ribcage; to find it, take your fingers and give sharp taps to that area until you feel like a harder hit would leave you breathless. That's where your solar plexus is. That's where their solar plexus is. When people talk about “getting the breath knocked out of them,” that's what's been affected. If you do it right, it will take them long enough to be able to breathe again that you'll have time to run away.

Speaking of running away, that's where part 3 comes in – **depart**. In

sparring sessions, my partners would fake distracting and disabling me, and then they would just stand there. Our dojo had a rule – if they're still standing there after three seconds, the person playing the assailant gets to grab them and try again. Even though we practiced self-defense almost every class, this kept happening, so I'm going to stress it again: hurt them until they are on the ground and then GTFO. Don't stand around and admire your handiwork, or move two feet away and call the police. Run until you're around other people or somewhere you can lock a door or something, and then call for help. If they really want to hurt you, they may very well not let something like a broken nose or a crushed foot stop them from coming after you again if you're still in their vicinity. The end goal of this entire process is for you to get away from them, so please, don't forget to do that if you ever find yourself in a situation like this.

Whew, okay – that was a lot of being serious from someone who is not used to being serious! But, seriously – self-defense is a very important skill for both men and women to have, and I don't think enough people know how they would protect themselves in a situation that required it. So be loud and listen to your body, everyone, and hope that you never have a reason to use the skills I've taught you today.



See that bright spot on George Dawson's chest? His solar plexus is right underneath that.



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— Intimacy — And You

BY ALEXA CHERRY

For the UAS Whalesong

As you may or may not have been aware, UAS hosted its annual Counseling and Health Center Wellness Fair in the middle of March. The campus health and counseling departments (as well as other campus services) set up booths in the cafeteria, and if you went around to five of them and got a sticker from each one, you could win a prize. Always game for a campus activity, I decided not to spend money on lunch and to instead spend some time checking my blood pressure and sugar levels. It was fun, I got a recyclable shopping bag and a free bottle of bubbles out of it, and I learned that I have normal blood sugar levels. In addition, while it was not one of the booths that I visited, they also supplied information and resources regarding the importance of safe sex – and therein lies the topic of this article.

In the aftermath of the Wellness Fair, someone mentioned to me that they disagreed with the message of the sexual intimacy booth. Their argument was that “intimacy” and “protection” didn’t belong in the same sentence, and were unrelated – if you’re being intimate with someone, you shouldn’t need to be protected from them. This is an argument that I took issue with, but this article is not necessarily in response to that argument so much as it is in response to the belief behind the argument.

Consider this quote from Stephanie Coontz’s book, *A Strange Stirring*: “Once a woman said ‘I do,’ she was assumed to have said ‘I will’ for the rest of her married life” (13). This was the commonly held opinion regarding sexual intimacy in the 1960s, and is unfortunately still something people consider to be the case today with all genders – that once you’ve entered willingly into an intimate relationship with someone, whether it be before or after marriage, that first “yes” translates into “yes” every time thereafter. This is not the case at all; if you choose to be intimate with someone, that absolutely does not invalidate your right to your own personal comfort. No always means no, regardless of how long your relationship has been going on or how well you know (or think you know) the other person.

While “protection” can certainly refer to emotional protection, as in the case of consent, it’s also important to take physical protection into account. Especially in college, if you choose to be sexually active, birth control is always a good idea. Obviously, abstinence is the best form of birth control, but it’s worth pointing out that there are free condoms available outside the Health Clinic in downstairs Mourant. That being said, there are also many other forms of birth control available for women, and it doesn’t hurt to use more than one preventative measure. This does not mean you’re being less intimate, or are afraid to be more intimate with, your partner; it simply means that you’re choosing to guard yourself against the hazards inherent to sex. If you decide not to abstain completely, that does not mean that you shouldn’t try to keep yourself safe from STDs – or, if you’re a woman, that you shouldn’t protect yourself from becoming pregnant during your time at college. Choosing to take care of your own body absolutely does not nullify any of the intimacy between you and your partner. You’re still having sex – except now, it’s safe sex. The lifespan of the modern-day human is longer than it was 300 years ago for a reason.

Just remember: if you’re going to be sexually intimate with someone, the situation is still about both of you and each of your individual needs. You should not feel pressured to do anything simply because you’ve done it before, and you should also listen to your partner – there are more ways to say “no” than through actually saying the word. Your body is a temple, and no one is allowed to mess with it except you.

Source:

Coontz, Stephanie. *A Strange Stirring: The Feminine Mystique and American Women at the Dawn of the 1960s*. New York: Basic Books, 2011.

Bees and — Pesticides —

BY ANNELIESE MOLL

For the UAS Whalesong

For years, scientists have been reporting that there are decreases in pollinators on a global scale. That presents problems, such as a decrease in biodiversity and food security. Last year, a study was published that identified a group of pesticides called neonicotinoid to be a heavy player in the downfall of bees (Botías et al 2015). Other potential players in their decline are climate change, loss of habitat, and disease. Unfortunately, this group of pesticides are some of the most commonly used on crops. In a study conducted on European honeybees, researchers found that they are being exposed to up to 57 different pesticides (Kiljanek et al 2016). However, not only are the crops on the farms being covered with it, but wildflowers on those farms are also sources of exposure.

Researchers have taken another look at how pesticides impact the ability of bumblebees and their ability to forage on wildflowers. Researchers have found that bees who are exposed to a neonicotinoid insecticide (thiamethoxam) at a level they would experience outside of the laboratory were able to collect more pollen. However, they took significantly longer to do so when compared with bees not exposed to the pesticide. Researchers also noticed that bees who were exposed selected different flowers.

The reason that flower selection is relevant has to do with how bees function. Bees have the ability to connect pollen levels and flower characteristics in order to select flowers with the most to offer (Nicholls and de Ibarra 2015). A large part of that is also based on a bees ability to learn what flowers will yield the most nectar and how to extract it efficiently (Stanley et al 2015). If pesticides are impacting the selection of flowers, that indicates that it is impacting the bee’s ability to learn, which could result in the bees struggling to provide ecosystem services, as well as their own food collection. There have been several other studies that have obtained results indicating that, when bees are exposed to neonicotinoid pesticides, there are changes in the bee’s brain in areas associated with learning and memory.

Now, you may be thinking that this still is not a problem, because bees who were exposed are collecting more pollen. However, bees who were exposed had difficulty manipulating flowers with complex structures. They needed significantly more visits to the complex flowers than their unexposed counterparts needed, in order to learn.

Ultimately, researchers have been publishing papers relating the decline in bees and pesticides for years and still nothing is being done about it. It is not as simple as just banning one that is killing



This solitary bee is feeding on a *Lantana camara* flower. Image courtesy of Joaquim Alves Gaspar. Retrieved from the Wikimedia Commons (converted to black and white).

bees. It should go without saying that bees and other pollinators are incredibly important, both ecologically and commercially. Everyday, you come into contact with a product of pollinators.

I also believe that this is important to note as summer approaches, and people are gardening or planting flowers. Take a look at the kinds of dirt you buy, because, believe it or not, it’s often been treated with pesticides. The same can be said for some potted plants.

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BY KAYLYN HASLUND

For the UAS Whalesong

I am the “Queen of Comma Splices” within the confines of the Whalesong office. This is because I write poetry, which doesn’t require as many commas as you would think. The thing is, poetry is a great outlet and form of writing that often gets ignored for novels or essays, and everyone should try it out at least once. Fun fact: I actually used to hate poetry with the passion of a thousand tiny babies. I really hated poetry for no real reason. That is, until it magically became my main source of creative work, and hey, it’s panned out well for me. It’s also a lot of fun, despite what people may say about the forms, which are many.

So, here are some reasons why you could try it out and how you can, because it could open a whole world of options for you individuals.

Pick your subject or theme, because it is the entirety of your poem. It can be about anything you want. This is the most important part of your poem. Without it you have no poem, which may seem harsh, but it’s the truth. You need to have something to write about before you start writing, you can’t just word vomit on a page and hope for the best. I used to do that and it was probably why I never really enjoyed writing

poetry, because I didn’t see any importance in my subjects. This is also important because it shapes the understanding of the poem, depending how the rest of the work is built around the subject.

Pick your form. This could include couplets, triplets, haiku, epics, and so much more. Sometimes, I find, picking the form first can help you figure out where you’re going. It can also shape how it reads to readers, because having a triplet and then a couplet shows the importance of that stanza. The form is so important because it is the backbone of your poem, without it your poem can’t stand. If you move anything around you could easily change the reader’s understanding or even the meaning of your words. You should also be keeping your individual stanza lines in mind with this. If a line goes longer than all the others in its stanza, then it seems out of place when you could have just made that stanza a few lines longer. Where your stanzas are and what they do tell a certain story and create a specific reading of your work, which you would want to be held true to what

you intended.

Use new and beautiful description. You don’t want to use anything clichéd, such as “She was like the stars against the night sky.” Instead you should try something more along the lines of, “She flickered like a candle, the wax of her hair dripping onto skin.” It’s just something to try out, because then you’re giving the reader a vivid image into the meaning behind the poem, about the person it may be about, or even the story it’s trying to tell. I also have found it to be one of the most fun parts of writing poetry for myself. Like, how can I make this new and exciting? Have I heard this before and if so, how can I make it new?

Read it out loud and find the natural music. Poems are like lyrics and have a cadence in accordance with them. If you can’t tell if your poem has one, try reading it aloud, because hearing it will allow you to hear the musicality of your own words. It’s important, because it can help you in the editing stage, because it can help you find where to put commas and periods. How

you read a poem is crucial, because where you pause or stop shows the importance of the words themselves and how they relate to one another. Where should the reader stop to breathe? What type of temp could they be reading it to? I typically do this after a first round of edits and then begin picking apart how it should be read aloud.

Finally, make a title for your poem. I think, one of the most important things for catching a reader’s attention is the title. It should pertain to the subject or even be a lead in to the actual poem. It should somewhat indicate what the work is going to be about, without completely telling the reader everything. A title is the naming of your creative child and you shouldn’t just slap on something because it’s easy, though that isn’t to say you can’t have a working title.

I can’t say that poetry is for everyone. I don’t think it is. However, I do think that everyone should try it out before writing it off. It’s a fun creative form that you can play with a lot and you don’t even have to follow the “rules” I laid before you. I will leave you with wise words from an anonymous source: The worst thing you write is better than the best thing you never write at all.

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Publication Date

January 25, 2016
February 8, 2016
February 22, 2016
March 9, 2016
March 23, 2016
April 6, 2016
April 20, 2016

CAMPUS CALENDAR

ON CAMPUS

MONDAY, MAR. 21

Fall 2016 Class Schedule Web

Search Available, 8 a.m., all campuses. Available on both the UAS website and UAS Online. For more information, call 907-796-6100 or e-mail registrar@uas.alaska.edu.

Cardio and Core Conditioning

noon, Recreation Center. Join Keegan @ the REC for an hour of cardio and core conditioning on Monday, Wednesday, and Fridays starting Aug. 24th and running till Apr. 27. Sign-up at the REC help desk. \$150 instruction fee. \$5 drop-in fee. For more information, call 796-6544 or e-mail rec_center@uas.alaska.edu.

CIZE with Keegan

7 p.m., Recreation Center. Join Keegan @ the REC every Monday for a fun, hip, calorie-burning workout inspired by urban street jazz and hip-hop. Sign-up and pay at the REC help desk. REC Members: \$5 drop-in fee, Guest of REC Member: \$10 drop-in fee. For more information, call 796-6544 or e-mail rec_center@uas.alaska.edu.

TUESDAY, MAR. 22

Student Government Weekly

Meeting, 8:30 a.m., Glacier View Room. Please join the United Students of the University of Alaska Southeast - Juneau Campus for our weekly meeting. Meetings are open to all students, staff, and faculty. Minutes from past meetings can be found on our website. Call 796-6517 or e-mail jypres@uas.alaska.edu for more information.

Sustainability Club Meeting

9:30 a.m., Egan 220. Join the UAS

Sustainability Club to help make our university and community more sustainable via exciting projects and campaigns! For more information, call 796-6517 or e-mail jypres@uas.alaska.edu.

Faculty brown bag: Decolonizing the Academy

noon, Glacier View Room. Drawing on treaties, national and international law, the work of other Indigenous scholars, and personal experiences, this presentation documents the nature of Eurocentric models of education, their devastating impacts on Indigenous knowledge and peoples, and the losses they entail for improved learning for all. For more information, call 796-6058 or e-mail rcadientebrown@uas.alaska.edu.

Creator Club Weekly Meeting

4:30 p.m., Egan 220. Create a new short film every month, learn all aspects of filmmaking including cinematography, lighting, audio, script writing, acting, choreography, and editing with the Creator club, every Tuesday! We are sending out a casting call for our current project, an original short film. For more information, contact Stefann at stefann.paddock@gmail.com.

Intramural: Basketball

7 p.m., Recreation Center. Basketball this spring semester will be on Tuesday nights (7 p.m.-9:45 p.m.). Team sign-ups will happen two weeks into intramurals with sign-up at the REC service desk. Must be a REC Center Member or a guest of a Member. For more information, call 796-6544 or e-mail rec_center@uas.alaska.edu.

Decolonizing Education: Nourishing Their Learning Spirits

7 p.m., Egan Lecture Hall. Drawing on her book of the same title, Mary Battiste will share its inspirations of events, people, and her activism that have taken her through work in developing awareness of and the injustices and inequities in education for Indigenous peoples and the devastating impacts on them. For more information, call 796-6058, or e-mail rcadientebrown@uas.alaska.edu.

WEDNESDAY, MAR. 23

Coffee with Student Government

9:30 a.m., Student Government Office. Come down to the Student Government Office every Wednesday morning for some free coffee and treats! Meet your student representatives and chat with them about any issues or ideas you have, or just run in for a quick cup to jump start your day! Call 796-6517 or e-mail jypres@uas.alaska.edu.

The Clothesline Project: T-Shirt Creation

11 a.m., Glacier View Room. Help raise awareness about domestic violence and sexual assault in our community by creating a t-shirt. The t-shirts will be displayed at the Baranof Heritage from April 1st to 11th and at UAS from April 11th - 22nd. For more information, call 907-586-6623 or e-mail jypres@uas.alaska.edu.

Climbing Wall Orientations, 6 p.m., Recreation Center. Attend the REC's climbing orientation to learn the basics and our gym rules. Once certified, climb when the REC is open! The REC has climbing shoes, harnesses and gear to loan for our indoor wall users once certified. For more information, call 796-6544 or e-mail rec_center@uas.alaska.edu.

THURSDAY, MAR. 24

Know The Score, 3 p.m., Glacier View Room. In the third workshop

students will explore credit cards, interest rates and credit. For more information, call 796-6255 or e-mail finaid@uas.alaska.edu.

Media Club Meeting, 4 p.m., Egan Classroom 113. The UAS Media Club will meet weekly to discuss and plan events for the Spring semester. Call 796-6517 or e-mail jypres@uas.alaska.edu for more information.

Intramural: Soccer, 7 p.m., Recreation Center. Soccer this spring semester will be on Thursday nights (7:00 p.m.-9:45 p.m.). Team sign-ups will happen two weeks into intramurals with sign-up at the REC service desk. For more information, call 796-6544 or e-mail rec_center@uas.alaska.edu.

BCM Club Weekly Meetings, 9 p.m., Chapel by the Lake. Through UAS Baptist Campus Ministries, we encourage Christian students to embrace and live for Christ and to educate and inform interested students about the Bible. Call (907) 305-0624 or e-mail uasbcm@gmail.com for more information.

FRIDAY, MAR. 25

Sound and Motion - Woosh Kinaadeiyi Poetry Slam, 7 p.m., Egan Lecture Hall. The 3rd annual UAS hosted slam will include the Woosh Kinaadeiyi Band. This friendly

competition is open to poets and performers of all ages and all abilities. Sign up to compete at 6:30 p.m. Slam starts at 7.

SATURDAY, MAR. 26

Saturday Sweat, 11:15 a.m., Recreation Center. All levels of fitness are welcomed to attend this full body workout! \$70 instruction fee includes access to excellent instruction that will have you motivated for the rest of your weekend. REC Members: \$5 drop-in fee, Non-REC Members: \$10 drop-in fee. Add on Cardio & Core Conditioning on Monday and Wednesday for \$200 both sessions. For more information, call 796-6544 or e-mail rec_center@uas.alaska.edu.

Gaming Club Meeting, 5 p.m., Egan Classroom Wing. The UAS Gaming Club meets weekly in the Egan building to play all sorts of games, including tabletop and video games. Gamers of all skill level are welcome!

THURSDAY, MAR. 31

Blood Bank of AK Blood Drive, 9 a.m., Glacier View Room. Join us to once again help Alaskans in need. Please remember to eat well the morning of the drive, drink plenty of fluids, and bring your photo I.D. Schedule an appointment online, or by calling (907) 222-5630.

Alaska Robotics



Courtesy of www.alaskarobotics.com

CAMPUS CALENDAR

OFF CAMPUS

MONDAY, MAR. 21

70th Annual Gold Medal Basketball Tournament, noon, JDHS. The annual Gold Medal Basketball Tournament is a week long series of games that has been drawing teams from all over Alaska for 70 years. Games begin noon, March 20. Tickets at the door.

Tlingit Language Learner's Group, 6 p.m., Downtown Juneau Public Library. This group, run by Tlingit language learners, is free and open to the community every Monday, regardless of language experience. For more information, e-mail tlingitlearners@gmail.com.

Free course for prospective homebuyers in Juneau, 6 p.m., Riverbend Apartments. Free class for homebuyers – HomeChoice™ – is for anyone interested in buying a home. This eight-hour course is designed by Alaska Housing Finance Corporation (AHFC) to give Alaskans the knowledge necessary to become an informed homebuyer. Are you a real estate professional seeking professional development credits? All of our HomeChoice™ classes offer eight CEU's! For more information, contact Diane Buls, dbuls@ahfc.us, 907-330-8277.

Skiers Friday, 6:30 p.m., Hangar On The Wharf. Specials at 4p.m., Movies at 7p.m.! Skiers' Friday is Every Monday Night at The Hangar! Fantastic door prizes every night, plus a bike, some snowboards and other grand prizes throughout the season! E-mail info@hangaronthewharf.com for more information.

Wonderheads, 7 p.m., JDHS. What do you get when you mash together Pixar, Maurice Sendak and Doctor Who? A time and space bending adventure by mask imaginers the WONDERHEADS, that's

what. Tickets: \$5-30, 10% discount to JAHc members, 20% discount to out of towners! Tickets sold online at jahc.org.

TUESDAY, MAR. 22

Toastmasters Club at St. Paul's, 6:15 a.m., St. Paul's Catholic Church, Parish Hall. Improve your public speaking skills every Tuesday morning in a supportive environment. Go to www.takutoastmasters.org, or call 463-5885.

Westcoast Swing Dancing, 7:30 p.m., Suite 907. Westcoast Swing every Tuesday. Free. Go to www.suite907.com for more information, or e-mail suite907@gmail.com.

WEDNESDAY, MAR. 23

Write For Your Life, 10 a.m., Mendenhall Valley Library. The "Write For Your Life" group meets every Wednesday to share journal entries, memoir, letters, or poetry. Contact Dixie at 907-789-2068.

Paris Opera Ballet at the Gold Town, 6:30 p.m., Gold Town Nickelodeon Theater. Juneau Dance Theatre hosts a screening of a recent Paris Opera Ballet program, including works by George Balanchine, Jerome Robbins, and Benjamin Millepied. Running time is two hours, with two brief intermissions. All ages welcome! Tickets at juneaudance.org, JACC, Hearthside Books, and at the door.

Weekly Old Time Music Jam, 7 p.m., Alaskan Hotel Bar. Every Wednesday Old Time Music jam. All abilities welcome. Fiddle, guitar, banjo, bass, mando, uke, harmonica, etc. Free. Event Contact: Tom Paul, 463-3214.

THURSDAY, MAR 24

Tango Dancing, 7 p.m., Suite 907. Tango every Thursday. Free. Go to www.suite907.com for more information, or e-mail suite907@gmail.com.

In The Next Room OR The Vibrator Play, 7:30 p.m., Perseverance Theatre. Sarah Ruhl's play directed by Carolyn Howarth. March 11 - April 3. Shows at 7:30pm with Sunday matinees at 4pm. Tickets: JACC, jahc.org, ptalaska.org, 463-TIXS

AbbyOke Karaoke, 9 p.m., McGivney's Sports Bar & Grill. Karaoke Night Every Thursday. Free Event! Call 907-789-0501 for more information.

Open mic w/ Teri Tibbet or Matt Barnes, 9 p.m., Alaskan Hotel & Bar. Come on down and play a couple every Thursday. 21+, FREE. For more information, call 586-1000 x 405 or www.thealaskanhotel.com.

FRIDAY, MAR. 25

Cuban Salsa Workshop and Party, 6 p.m., Suite 907. Learn Cuban Salsa with visiting instructor Heather Haugland. No partner or experience necessary. Level 1, 7:15-8:30 p.m. Level 2. Salsa Party to follow, 8:30-10:30 p.m. Register and pay at the door. \$12 one class, \$20 both classes. (\$8/\$15 students). For more information, contact Heather Haugland at rumbalaska@gmail.com or 360-594-2360.

The Artist with Ernestine Hayes, 7 p.m., @360 North in the KTOO Building. Join us for a multimedia exploration of Hayes writing and her influences. FREE.

SATURDAY, MAR. 26

DRAW Open Studio, 10 a.m., The Canvas Community Art Studio and Gallery. Take advantage of a purpose built still life or a live model in a studio setting to develop and maintain your drawing skills every Saturday. Visiting artists Tim Ortiz and Andreana Donahue will be available for guidance and instruction. Basic materials provided. \$20 (plus tax).

Museums of the World, Documentary Film Series - The Vatican Museums, 2 p.m., Gold Town Nickelodeon. The Friends of the Alaska State Libraries, Archives, and Museums presents the documentary film series, Great Museums of the World. Take a trip exploring classic works of art in the world's greatest museums, all without leaving your seat. Tickets - \$10 general admission, \$5 FoSLAM members and students. Join FoSLAM at the door and get a free ticket. Tickets available at: <http://foslam.org/events>, JAHc's website, or at the door. Get yours early and buy one for a friend!

Jesse Parent - Live Slam Poetry, 8 p.m., Hangar Ballroom. Two-time Individual World Poetry Slam runner-up Jesse Parent will be performing works from his book "The Noise that Is Not You" and other works. Also appearing will be Poetic License, Juneau's hybrid slam/improv group.

SUNDAY, MAR 27

Weekly Ukulele Jam, 11 a.m., TK McGuire's Lounge (Prospector Hotel). Weekly Ukulele Jam, every Sunday: noon - 2 p.m. All ages & abilities welcome! Visit us at juneaujambusters.com.

International Folk Dance, 6 p.m., The Alaska Club (downtown). International folk dance, every Sunday at the studio at The Alaska Club. Recreational dance—first hour is instruction. No partner necessary. Beginners welcome! For additional information, please contact: Bruce Botelho at 364-2334.

TUESDAY, MAR. 29

Marie Drake Planetarium, 6:30 p.m., Marie Drake Planetarium. Earth Day is April 22nd this year but you can celebrate early. Enjoy with a lighthearted look at this annual worldwide event held to demonstrate support for environmental protection. It was first celebrated in 1970, and is now celebrated in more than 192 countries each year. Learn the history of Earth Day and how humor is used to encourage environmentally friendly behavior every day of the year. Suitable for all ages. Presentation proceeded by "The Stars Tonight" on the Spitz projector. Free. For more information, contact Steve at 907-500-2941.

SATURDAY, APR. 2

World Youth Day Benefit, 7 p.m., St. Paul Catholic Church. Musical praise and worship service featuring the group Earthen Vessel, a local Christian music ministry. Free Admission - donations will be accepted and sales of refreshments and CDs with all proceeds to benefit attendance at World Youth Day. For more information, contact Winston Smith, wpaulsmith@aol.com, 907-209-2373, or go to www.dioceseofjuneau.org/news/350

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